

Quick Start User Guide

This guide outlines the optimal conditions and practical tips for using Lifelight and obtaining a successful estimate.



Lifelight estimates vital signs through the device camera. Lifelight's software detects tiny changes in facial skin colour each time the heart beats.

These anonymised estimates are then processed in the cloud and Lifelight provides results for pulse, respiration and blood pressure.



Device

- Lifelight is designed to work on a range of iOS and Android mobile devices
- Ensure the device's operating system is up-to-date, charged and device lenses are clean



IT Requirements

- Lifelight requires a stable connection to the internet



Environment

- Choose a distraction free setting
- You should be relaxed and sitting down



Stand

- Ideally the device must be held securely in a stand or against an object (i.e. books / a tissue box), so that it doesn't move during the estimate
- The stand surface should be free from movement or vibration
- Stands are ideal for allowing the device to be repositioned and angled, either by the user or clinician/carer



Lighting

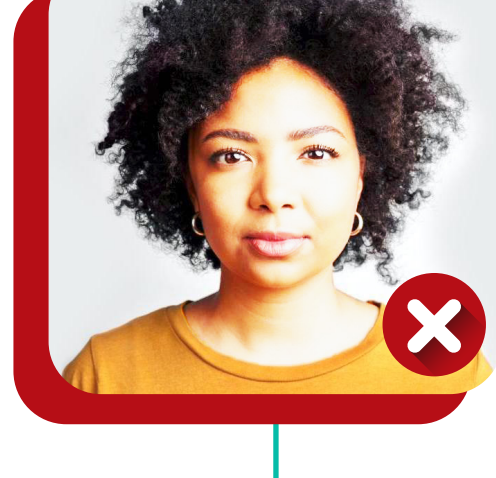
- The right amount of light on the face is key. It must be evenly distributed across the face without shadowing



Find a good lighting position

- Remove anything that may cause shadows on the face, for example, hair, glasses (as in this example) or headwear
- Ensure your face is evenly lit and free from shadows – in this example there is too much shadow on the left-hand side of the face

- Poor contrast
- Face is top lit with strong shadows
- Light should be in front of the face, not top or backlit
- Don't take estimates in strong sunlight



Tips

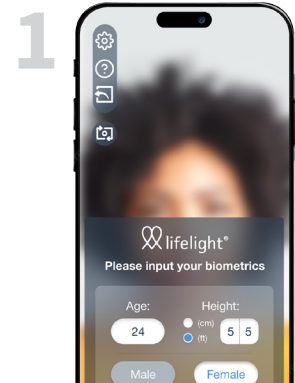
- Some people find taking an estimate in front of a window can aid getting a successful reading
- You should be relaxed with your back and feet supported and arms and legs uncrossed
- In this example the face and the background is evenly lit

NOTE

Lifelight only uses the images taken with the camera to estimate the numeric colour values of facial skin. It is only these colour values (numbers) that are used to calculate the vital signs. No personal images or video are kept - only anonymised numbers.



Start Lifelight App | To take an estimate



Enter your biometrics

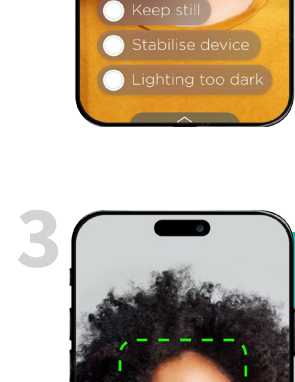
- Age
- Height (in either cm or ft)
- Sex

Then Press Submit



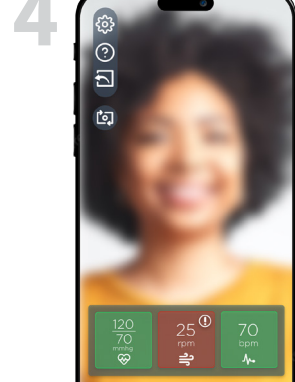
Align your face

- You will see on-screen guidance to help you position your face correctly. For example, you may be too close or too far away from the screen or the lighting needs to be improved



Ready for estimate

- When you have positioned your face correctly Lifelight will auto-start
- **Remember to remain still and do not talk during the test**
- You will see a countdown – 3, 2, 1 and then Lifelight will commence the estimate
- The dotted line will change colour based on signal strength. This allows face detection and positional feedback. Green is good
- Once the estimate has started you will see the circle button change, counting down the 40 seconds, from white to green
- Simply continue to look at the screen for up to 40 seconds



Results

- You can move once the screen changes and the green circle disappears
- Your results will shortly be displayed. Any estimates that are outside the normal range will be highlighted with a warning icon ⓘ Click on this for more information
- Readings are either recorded in real-time or by a clinician or sent to a remote healthcare platform



In-app support

Estimates can be taken again

- Click on the cog for guidance on intended use in keeping with our CE Class 1 accreditation and clinical rigour
- The help button includes further tutorial support for taking a successful estimate
- Exit button to go back in the app to the previous step
- Flips camera to take an estimate of someone, i.e. in a clinical setting